Fandom
FOR THE LOVE OF FANS
LEARN MORE
ADVERTISEMENT

in: Asian Recipes, Beef flank Recipes, Main Dish Meat Recipes, and 2 more

Curried Beef and Rice

SIGN IN TO EDIT

Description

Curried Beef with Rice from the *Public Health Cookbook* by the Seattle & King County Department of Public Health—original source of recipe, public domain government resource

- **Serves**: 4

Ingredients

- 1 pound flank steak, trimmed of excess fat
- low fat cooking spray
- ½ cup green onions, chopped
- 1 clove garlic, minced
- 2 tablespoons curry powd
- ½ teaspoon salt

Follow on IG | TikTok | Join Fan Lab | Check out Fandom Quizzes and cha

- ¼ teaspoon turmeric
- 2 medium-sized tomatoes, chopped
- 2 cups cooked rice (or pasta)

Directions

1. Wash and cook rice according to package instructions.
2. Cut steak diagonally across the grain into thin slices.
3. Spray a large skillet with low fat cooking spray and heat to medium-high heat.
4. Add green onions and garlic and sauté for 2 minutes then add curry powder, salt, turmeric and sauté for 1 minute.
5. Add steak and sauté for 6–7 minutes or until done.
6. Stir in tomatoes and reduce heat to low.
7. Cook for 3 minutes until heated through and serve over cooked rice or pasta.

Categories

Community content is available under CC-BY-SA unless otherwise noted.

Fandom 20 YEARS

EXPLORE PROPERTIES

Fandom
Muthead
Fanatical

FOLLOW US

OVERVIEW

What is Fandom?
About
Careers
Contact
Terms of Use
Privacy Policy
Global Sitemap
Local Sitemap

Press
Digital Services Act

COMMUNITY

Community Central
Support
Help

ADVERTISE

Media Kit

Contact

FANDOM APPS

Take your favorite fandoms with you and never miss a beat.

Download on the App Store

GET IT ON Google Play

Recipes Wiki is a FANDOM Lifestyle Community.

VIEW MOBILE SITE